



# Tortilla Soup

*This soup tastes just as good or better the next day.  
It's a perfect, make-ahead recipe.*

**Makes 4 servings. 2 cups per serving. | Prep time:** 10 minutes **| Cook time:** 30 minutes

## Nonstick cooking spray

- 1½ cups chopped onion
- 3½ cups canned reduced sodium chicken broth
- 1¼ pounds bone-in chicken breasts, skin removed
- 1 cup diced, peeled chayote squash
- ¾ cup canned low sodium pinto beans, rinsed and drained
- 1 tablespoon chili powder
- ½ teaspoon garlic powder
- 4 (6-inch) corn tortillas, cut into strips, baked until crisp
- 1 avocado, peeled, pitted, and sliced

1. Spray a large saucepan with nonstick cooking spray. Add onion and cook over medium-high heat for 5 minutes to brown, stirring occasionally.
2. Add broth and cover saucepan; increase heat to high. When broth starts to boil, add chicken, squash, beans, chili powder, and garlic powder.
3. Bring to a boil again; lower heat and simmer for 20 minutes.
4. Remove chicken from soup and let cool slightly. Shred into small pieces. Add shredded chicken back to soup.
5. Pour soup into bowls and top with tortilla pieces and avocado. Serve immediately.

**tip:** In a hurry? Use leftover shredded rotisserie chicken.



Nutrition  
information  
per serving:

Calories

390

Carbohydrate

32 g

Dietary Fiber

9 g

Protein

41 g

Total Fat

12 g

Saturated Fat

2.5 g

Trans Fat

0 g

Cholesterol

90 mg

Sodium

600 mg

15

Soup

